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REDBACKS FOOTBALL
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ELTHAM REDBACKS FOOTBALL CLUB INC.

ABN 34 394 819 801, Reg No. A0008940Y

Correspondence to: PO Box 236, Eltham, VIC 3095

Home ground: Cedar Ave, Eltham North

Eltham Redbacks Football Club

6.6 Healthy Food and Drink Service (taken from the Member's Protection Policy)

Adopted: January 2019

Scheduled for review: 2024

NOTE: For references to other 'parts', see the related section of the Member's Protection Policy.

6.6 Healthy food and drink service

ERFC understands we have a responsibility to ensure the food and drink we provide and sell includes healthy options. As defined by Good Sports, healthy options 'have significant nutritional value and contain limited saturated fat, salt and/or sugar'.

To this end, ERFC will endeavour to meet the following requirements:

- At least 25% of food and drink options available are healthy;
- Actively work to reach a menu that features no more than 50% unhealthy ('has limited nutritional value and contains high amounts of either saturated fat, salt and/or sugar') food and drinks;
- Only unsaturated oils, fats and spreads are used;
- Healthy foods are displayed prominently;
- Encourage Team Managers to provide only healthy food and drink to junior teams (e.g. half-time snacks).
- Promote water as the drink of choice;
- Encourage players to drink water before, during and after games and training; and
- Encourage players to bring their own water bottle to training and games.

